

## 1. Preventing heat stroke

As the number of extremely hot days exceeding 35 degrees Celsius increases each year, more and more people are being transported to emergency rooms due to heat stroke.

One of the ways to prevent heat stroke is to "heat acclimatize", which is the process of getting your body used to the heat. It is important to understand heat acclimatization and take steps to prevent heat stroke before the temperature actually rises and the risk of heat stroke increases.

When people move their bodies through exercise or work, heat is produced in the body and the body temperature rises. As the body temperature rises, it is regulated by evaporating heat through sweating and removing heat from the body surface into the air by increasing the heart rate and dilating blood vessels. If your body temperature cannot be regulated, heat accumulates in the body, causing a rise in body temperature and as a result, heat stroke.

Heat acclimatization takes several days to two weeks, depending on the individual. Before it gets too hot, it is a good idea to get used to the heat by exercising (walking, etc.) and taking baths, as long as it is not too strenuous.

When summer arrives and the temperature rises, drink plenty of water, wear cool clothes, avoid the sun, and stay in a cool place with air conditioning. Also, eat and sleep well to stay in good physical condition, and pay attention to "Heat Stroke Alerts" and other heat-related information to survive the intense summer heat.

## 2. When disposing of non-burnable waste, aerosol cans, etc.

When disposing of non-burnable waste, aerosol cans, hazardous waste, and small appliances at the garbage collection station, we ask that you use transparent bags or translucent bags whose contents can be seen.

If not, the contents of the bags cannot be checked during collection, and accidents involving spray cans, lighters, and small rechargeable batteries (cell phone batteries, etc.) have sometimes caused fires in garbage trucks and landfills.

Such accidents can cause damage to garbage trucks and waste treatment facilities, resulting in the suspension of garbage collection and treatment operations. They can also cause serious accidents that endanger the lives of everyone in the community.

To prevent accidents, garbage bags whose contents cannot be easily verified will not be collected.

Also, please write your name and the name of your community association on the garbage bag. We ask for your cooperation in the proper separation and disposal of garbage.

### 3. Facility tours for enrollment in child care facilities in 2025

In 2025, facility tours will be held for those who wish to enroll in preschool, nursery schools and child care centers. Some facilities require advance registration and some do not. We hope you will take advantage of this opportunity.

Applications for admission to these facilities will start in September.

The public facilities in Kuranomachi, Ootsuka, Hakonomori, Ohira Nishi, Ohira Minami Daiichi, Fujioka Heartland, Tsuga Yotsuba and Iwafune as well as Nishikata Nakayoshi Kodomoen will hold a tour on Wednesday, July 24 at 1:30 pm.

The schedule for tours differs for each type of facility, so please check the city's website for details.

Please bring a pair of indoor shoes and writing utensils to the tour.

## 4. New bills will be issued on July 3, 2024!

New 10,000 yen, 5,000 yen and 1,000 yen bills will be issued on July 3, 2024.

This is the first time in 20 years that the design and pattern of the bills will be changed. To prevent counterfeiting, new anti-counterfeiting technology has been added and the bills have been redesigned.

The new 10,000 yen bill features Eiichi Shibusawa, a businessman who is said to have helped establish some 500 companies during his lifetime, and the reverse shows the Marunouchi Station Building of Tokyo Station, a historic building designated as an important cultural property.

The front of the new 5,000 yen bill features Umeko Tsuda, Japan's first female exchange student, who promoted modern higher education for women by founding what is now Tsuda College, and the reverse features the Japanese flower, Fuji, which has been popular in Japan for centuries.

The front of the new 1,000 yen bill features Kitazato Shibasaburo, a bacteriologist who developed a method to prevent and treat tetanus and is known as the "father of modern medicine". The back features "Fugaku Sanjurokkei Kanagawa-okinamiura," a masterpiece by Katsushika Hokusai, an Edo period ukiyo-e artist.

The 10,000 yen, 5,000 yen, and 1,000 yen bills are all the same size as those currently in circulation.

The first anti-counterfeiting technology used in the new bills is a technique called "suki-ire," in which a portrait or other image appears when the bill is held up to the light. The

new bill has a series of small diamond-shaped patterns in the background of the portrait, whereas previous bills had only one portrait.

In addition, the face in the 3D hologram moves depending on the angle from which it is viewed. This is the first time in the world that 3D hologram technology has been used on a banknote.

Even after the new notes are issued, the currently issued notes can still be used, so beware of scams such as ones that claim that the previous notes are no longer valid.